

Lyles & King

Erica Mahinay

Let the Breath Breathe Itself

September 6 - October 6, 2019

Make yourself comfortable
Move around as much as you want until you feel settled
Becoming aware of the main points of contact with the surface which supports your body

Feel the earth below
Bring awareness to the soles of your feet.
Aware of the toes
Sometimes it's not easy to be aware of all the toes
You may find that there are points where you don't feel very much at all.

...continue
up beyond your feet.
Standing up if appropriate.

Pelvic girdle

to the sacrum
to the upper back
the shoulder blades

Ever expanding West

Find a point on the horizon.
Relax your eyes; Let your periphery come into focus.
Not straining to see with the mind's eye, maintain or repeat

Space doesn't, because it isn't.

Notice the repetition of your ribs
expanding and contracting
wave-like motion

Notice any thoughts
any judgements
any reaction in your body

A shrub of spreading habit
Seeds of spreading habits
Decorating the mind.

Bring awareness to the face, the whole face
Allow the tongue to be soft in the mouth,
checking that you are not clenching the teeth.

If we feel any tension, tightness, holding,
we can form an intention of letting go
Flowing in and the flowing out

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Turn your attention to your navel.

Gaaaaazzze.

You may feel a sensation
of light
of sound
of temperature
Perhaps a slight sense of pressure spreading

(I Feel)
Uncertain borderland
(I see, I hear)
We are hallucinating all the time.
(I think)
Delusions

Pause at the heart

Thousands of little witnesses
Test Sites.
Visions from the personal growth laboratory.
Detach
Softening as best we can.

- Erica Mahinay

Erica Mahinay (b. 1986, Santa Fe, NM) lives in Los Angeles. This is her second solo exhibition at Lyles & King. Her most recent solo exhibitions include *Contingent* at T293, Rome and *Sun Seekers* at Euclid, Santa Monica, CA. Previous exhibitions also include *Touch Knows You Before Language* at Lyles & King, New York; *Thin Skins, Infinity Pools and Sand Slumps* at Fused Space/Jessica Silverman, San Francisco (solo); *Dead Eden* at Lyles & King, New York; *Miranda* at Anat Ebgi, Los Angeles; and *The Go Between: A Selection of Emerging International Artists from the Ernesto Esposito Collection* at Museo Nazionale di Capodimonte, Naples. Mahinay is represented by Lyles & King, New York and T293, Rome.